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MEMOIR

ON THE

SALUBRITY

OF THE

ISLE OF PINES.

BY

DR. DON JOSE DE LA LUZ HERNANDEZ,

Physician and Surgeon of the Royal House of Beneficencia and Foundling Hospital, Member of the Inspection of Studies of the Islands of Cuba, Porto Rico, etc.

HABANA:

1857.

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SALUBRITY OF THE ISLE OF PINES.

On presenting to the public my ideas respecting the hygienic and curative properties of the Isle of Pines and its waters, I should decire to give likewise a correct analysis of the latter, as well as a scientific description of their localities. But so laborious and difficult a task would not allow me to arrive as speedily as I wish, to the subject it is now my purpose to present under the point of view which may offer most interest to the public in general and to professional men. I shall therefore restrict myself to giving a summary topographical description of the Island, in the study of which I have been long engaged. I shall close these pages with some memoranda that may contribute towards the commencement of the history of this new district, which merits so much celebrity from its locality, an estimation of its population, and the industrial productions it may hereafter develop.

The extent of this Island, according to geographers, is about 180 square leagues; its length, for E. to W., is 21⅔ leagues; its circumference is 70 leagues, the result of the preceding longitudinal measurement, and its breadth, from N. to S., of 13½ leagues: its centre is situated in 21° 36′ 13″ N. lat., and 76° 12′ 13″ lon. W. from Cadiz. It is a little more than 30 leagues from Havana, and from the landing of Batabanó to the village of Nueva Gerona the distance is eighteen leagues, in a straight line, but far more for vessels, on account of the multitude of keys or islets that surround the Island, on whose shores Columbus arrived the 24th of June, in the year 1494, bestowing on it the name of La Evangelista, perhaps in commemoration of the day of its discovery.

But the illustrious navigator was doubtless very far from anticipating that the beautiful islet he had just visited, in order to make provision of wood and water, contained so many and so valuable springs of the latter as would one day obtain, con-

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jointly with its climate, the celebrity it now enjoys; justifying the title of this pamphlet, and meriting all that is said in its favor. However, as neither all is said that might be expressed on so interesting a matter, nor the little that has been written is as well known as it should be to the public in general, and to physicians in particular, I have believed it would be useful to publish the studies or observations on this subject that I have effected, having been disposed thereto by the extraordinary occurrence I shall now proceed to relate.

Connected intimately by bonds of friendship with a distinguished schoolfellow, I had opportunity to witness a case, the history of which is as follows:

About the middle of the month of June, 1826, the person to whom I refer was attacked with active hemoptysis. He was then a young man of 24 years of age, of nervous and sanguineous temperament, fibrinous diathesis or habit of body, middle-sized stature, lean but muscular constitution, narrow chest, fair skin, gray eyes, auburn hair; of a gay and communicative disposition, clear understanding, with a good memory and a lively imagination; he was a profound observer, and very studious. Endowed with these brilliant qualities, and other virtues difficult to imitate, he has distinguished himself among his companions in study, and was enmployed, before he was officially admitted as a member of the Medical Faculty, to take charge of several infirmaries in the rich district of San Manos, which, for the adornment and beauty of its plantations might have been called at that time the Paradise of Cuba. Only a few months after his arrival there, he had acquired a well-deserved reputation in all the district, and even the surrounding country; he had gained an unlimited circle of friendship and confidence, in order to correspond worthily to which he was under the necessity of sacrificing a portion of his hours which should have been devoted to repose, without regard to his constitution, debilitated by study and worn by the severe and assiduous tasks he had imposed on himself; exposed to the weather, without sufficient food or sleep, and continually tormented by the desire of fulfilling to the utmost his duty towards those who confided to his care their lives or their interests. This constant agitation, this active and toilsome exercise, embraced on a sudden, and performed with so much energy and zeal, were the accidental causes which produced the hemoptysis, that presented the following symptoms:

An oppressive pain in the precodial regions, distressed expression of countenance, flushed cheeks, intense cephalalgy, high fever, burning heat in the entire surface of the skin, and more prouounced in the palms of the hands and the soles of the feet; a parching thirst, anorexy, restlessness, a frequent cough, and repeated and profuse hemorrhage of fibrinous, bright-colored blood. Alarmed by such serious symptoms, he consulted a surgeon of considerable practice; but as he perceived, and his patient experienced, that the disease did not yield to the treatment they had adopted, they both determined the patient should be removed to Havana, where, with more resources, he might be speedily and efficaciously attended to. Relying on my friendship, he did me the honor to reside in my house, where, at my solicitation, he was examined, and a medical consultation, of which he was the object, was held by Doctors Dn Thomas Romay, Dn Andrés Terriles, Dn Simon Vicente de Hevia, Dn Pablo Marin, el sor de Senibriera, and Licenciate Montes de Dea, who took upon themselves to direct his treatment, intrusting to my care the exact fulfillment of all that was prescribed; for although they all judged the disease was incurable, they nevertheless did not give up the patient, but rather redoubled their care, visiting him daily, modifying the curative plan and varying remedies—affording him the most solicitious attention, with truly paternal kindness, and showing the most ardent desire to save the life of this estimable young man. However, in spite of the means employed, the patient grew worse daily, and the physicians, without hope, gave me a fatal prognostic, that appeared to them inevitable, as they had employed every means their fertile imagination and long experience had suggested. This judgment, to me so fearful, but so respectable, penetrated my reluctant friendship with the most profound grief, but at the same time generated good wishes, which soon became hopes, as my memory dwelt on the consoling remembrance of a number of facts the patient's father had related to me, respecting the *salubrity of the Isle of Pines*, where he had himself been saved from a very severe illness, and where he owned a small tenement he had built, with the assistance of some relations of his who resided there.

This remembrance seemed to me a divine inspiration, suggested by some celestial deity, to save the life of a friend, against whose disease science had already pronounced her decree, declaring the impotency of art. And as my inexperience did not allow

me to perceive the full extent of the malady, while, on the other hand, I was blinded by my affection for the sufferer, I formed wishes which grew into hopes, to which I gave a foundation created by my imagination, whose promptings I followed by deciding his removal to the Isle of Pines, for which place he departed on the following day.

It will be well to mention the patient's state when he left Havana, only four months after the commencement of his illness, in which time the latter had made such progress, in spite of the remedial agents judiciously prescribed and faithfully employed, that on his departure it presented the following group of symptoms: constant fever, with copius morning sweats; a suffocating cough, with pulverulent, thick, and fetid expectoration; marasmatic emaciation, total want of appeite, insatiable thirst, debilitated voice, inability to lie down or to walk, oppressive and constant pain in the entire left side of the breast, a heavy sound in all this region, want of sleep, flushed cheeks, and swollen feet.

This group of symptoms, faintly described, was presented by the patient on his departure for the Isle of Pines, where he arrived three days afterwards, having followed the route I traced for him; and by attention to the hygienic directions I prepared for him, he returned four months afterwards, not only cured, but stronger than ever before.

When the mind is impressed by an extraordinary occurrence, our reason leads us to the investigation of its causes, which is only the complete expression of the philosophy of the science to whose department the phenomenon that has been observed belongs; in the present case, corresponding to the medical department, it was natural that an ardent desire to investigate its causes should be excited in my mind, or in other words, to study the concurrence of circumstances which produced a result so extraordinary and satisfactory for me. These circumstances, then, were the medical climate, or the *locality*, the true causes of the effect; and only two means present themselves to study it—scientifically or empirically. The former was out of my power, as well for the variety and depth of knowledge required, as for the multitude of instruments, reägents and studies necessary, and time and unavoidable expenditure which I could not defray.

The latter means, although more attainable, offered me,

nevertheless, great difficulties, the principal one being that my practice did not embrace a sufficient number of patients for me to make observations on cases similar, or apparently so. Besides, although I had met with such cases, I could never have ventured to advise them to go in search of health to a place which, according to the accounts of the individual whose life had been saved there, was still uninhabitable; where there were no hotels or public houses, nor provision for the most indispensable necessaries of life, and where the inhabitants or residents were frequently assaulted and robbed by pirates, who took refuge in the ilsand, which, being surrounded by quays, offered a commodious shelter to wreckers and malefactors. On the other hand, it was necessary to suffer the inconvenience of a road of near forty miles in length, and nearly impassable, the termination of which was a marshy and desert coast, where the traveler found no shelter nor certainty of obtaining a vessel to convey him to the island. Such serious and powerful causes delayed the execution of my desire, without destroying the hope of satisfying it at some future day in the best manner possible; and finally, although at a late period, I have found opportunities of doing so. I may thus exclaim with the Mantuan poet: Quamvis sera temen longo tempore venit. Better late than never.

For the above reasons, a long time elapsed before I could utilize in favor of persons actually in want of them, the powerful resources offered by the climate and water of the Isle of Pines. But about the commencement of the year 1844, a case strikingly analogous to the one related, was presented to me: there was then a railroad extending to Batabanó, and the government had projected founding the colony of Reina Amalia, for which purpose a garrison was placed there, with a military commandant and a board of civil authorities; a school was established, a church and a hospital were built, the latter with an attending physician endowed by government, and a vessel destined to make regular trips from Batabanó to Nueva Gerona, in which latter place a few shops for the sale of miscellaneous articles, a bakery and a slaughter-house, afforded some resources which led me to advise this patient to go to the latter place, without, however, assuring a favorable result, although I endeavored to inspire him with hopes of a complete recovery provided he ventured to expose himself to the difficulties he might meet in providing a convenient lodging in what was still an

embryo village. The patient resolved to follow my encouraging advice, after having been despaired of by doctors of the highest reputation he had consulted, and two days afterwards he departed for Nueva Gerona, where by chance I had occasion to see him two months subsequently. I found him free from fever, with a hearty appetite and good digestion; he had but little cough, was in good spirits, and improving in condition, while he weighed nearly fifty pounds more than when he arrived on the island.

Then I commenced to study that locality, and to investigate the resources that might be afforded to any other invalid whose sufferings might place him under the necessity of residing there. The houses which then existed were but badly built, and the shops entirely unprovided with articles of comfort. But the circumstances of there being a conveyance by railroad to Batabanó, and thence by vessel on fixed days and hours to Nueva Gerona, where, although with poor accommodations to offer travellers, there were, nevertheless, some houses of public entertainment, facilitated to invalids the principal means of obtaining for themselves the advantages of a climate unequalled in the island of Cuba. On the other hand, the unfavorable prejudices that existed, difficulties feared, and the small degree of confidence inspired by a place as yet almost unknown, caused the only persons who enjoyed its advantages to be occasionally, some individual resident in Batabanó, who by connections of friendship or family, was influenced to remove there to recruit his health.

Nevertheless, as the testimony of facts is irresistible, and I had by this time acquired some faith in the virtues of the island, shortly afterwards I persuaded a lady who had been despaired of by two physicians of celebrity, and also a young lady of this place who suffered from the laryngity that had not yielded to the treatment of an able physician who attended her. This gentleman at the same time prevailed on me to see his patient and give him my opinion, the result being that I considered the climate of the island would be favorable for both the above patients, in consequence of which I advised them to remove there immediately and follow the prophylactic or hygienic regimen I judged most proper; the result corresponded to my wishes, and from the first day an advantageous change was observed in both ladies. A short time afterwards I was

called upon to visit another young lady who was given up as incurable, by one of the most celebrated physicians I know. Her situation was most lamentable. A constant fever and suppressed menstruation for four months, unceasing cough, complete anorexy, want of sleep, abundant expectoration, extreme emaciation, such loss of muscular strength that to remove in her room from one chair to another she required help, and besides, harassed by an intense desire to recover and to live, which seemed to increase in proportion with her suffering. In this pitiful situation, I endeavored to raise her hopes by persuading her that in the Isle of Pines she might speedily recover. Although somewhat regardless of my hygienic instructions, she succeeded in recovering to a degree that was really surprising to me, and which contributed much to confirm the favorable idea I had already entertained of that atmosphere, and since then I have recommended with more confidence, for certain diseases, the advantages of that climate, rather than the virtues of certain drugs, which though much recommended by theory, may not support this reputation by their effects.

Now, as tuberculous phthisis is one of the diseases which most afflict the human race, it should have been, and has really been, one of the most prominent objects of medical study. In the present day,, at least, thanks to the advancement of the auxiliary sciences, it may be said that medicine assumes to be rather an experimental than a conjectural science. Shall we, therefore, on account of certain facts in chemistry having been ascertained, undertake an investigation of the local causes that favor the Isle of Pines, with the circumstances which render it appropriate for the successful treatment, not only of tuberculous phthisis, but also of many other diseases, which, with distinctive names and different symptoms, appear nevertheless to confound themselves in essence with the former, and perhaps to derive their origin from the same elements?

Now if we allow to chemistry the honor of effecting demonstrations, this science has proved that idodine is found not only in certain waters, minerals, and even vegetables, but likewise in the atmospheric air, and particularly the maritime atmosphere. And although the air of the Isle of Pines has not yet been subjected to analysis, the circumstance of its being a location surrounded on all sides by the sea causes its atmosphere, whatever may be the direction of the prevailing wind, to be

essentially maritime, in which a skilful chemist has exhibited the presence of potash, and of iron in its waters.

There is, besides, a very important observation which I think it will be well to avail of, in order to better elucidate the fact in question. It has been observed that tuberculous phthisis, as well as certain other diseases which partake of its character, appear most generally in calcareous districts. Now, the soil of the Isle of Pines is not calcareous on its surface.

I have the satisfaction of presenting facts faithfully narrated, respecting many patients and many diseases, considered incurable in the present day, that I have seen mitigated, corrected, and even radically cured, with nothing more than the beneficial influence of the climate and waters of the Isle of Pines.

I shall first present the list of the diseases that may be successfully treated by the climate and waters of the Island, in proof of the truth of which I present the testimony of the facts hereafter related.

In the Isle of Pines tuberculous phthisis has been observed to disappear, as if by enchantment. Laryingitis, bronchitis, cephalalgy and iptenitis; arthritis, rheums, and cephalalgy; gastralgy and gastroenteralgy, amenorrheas and dismenorrheas; uterine affections, as also venereal lues and king's evil; glandular obstructions, and osteocopes; neurotic affections, paralysis, hypochondriasis or melancholy; and finally, cachexy, chlorosis, prostration, and almost all the dermal affections, from herpes to the incipient elephantiasis of the Arabs; asthma, ophthalmia, otitis, cystitis, eclampsies, and epilepsy. I should like to be authorized to name the persons who have been the objects of the study of the diseases I have just mentioned, but will limit myself to the initials of their names, which I shall have no objection to state at length to individuals interested in investigating; as I consider myself authorized to do so, for the sake of humanity, of science, and of the spot that restored health and life where it might reasonably have been regarded as lost.

1st. A. B., about 30 years of age, nervous temperament, serous diathesis, short stature, slender limbs, fair hair, thin beard, fair skin and rosy cheeks; commenced to suffer a hemoptysis at the end of the year 1852. After repeated catarrhs, that were treated by a curative plan prescribed by a practical physician, he tried, but without benefit, a multitude of remedies, recommended by the art and extolled by their authors; all, however, was in vain.

Medical consultations were held, remedial agents were varied, curative systems were changed, in spite of which the disease continued to threaten a fatal termination. A constant pain in the chest, a fatiguing, purulent expectoration, an unceasing fever, with night-sweats, extreme emaciation, laborious respiration, total anorexy, loss of strength, and with well-grounded fears of a fatal result. Thanks to the suggestion of some friends, he gave up the curative plan he was following; and, animated by the advice and hopes offered him by an intimate friend of mine, he determined to go to the Isle of Pines, in the spring of the ensuing year, 1853, where he presented himself to me, disposed to hear my opinion and to follow my advice. A tuberculous phthisis, in its second stage, far advanced, was the diagnostic I formed; and, in consequence, I prescribed for him a mild prophylactic regimen, exercise in proportion to his debilitated condition, and baths in Santa Fé—the water of which springs was his only drink, from the day of his arrival. At the end of fifteen or twenty days, the fever disappeared, the cough and expectoration diminished, and the latter assumed a different character. He regained his appetite; and his strength, although slowly, improved as soon as he began to use the baths, in spite of his fears, which I endeavored to conquer. At the time of writing this, the individual is strong and healthy, although he did not remain in the Island all the time I recommended, and was married six or eight months after having entered into convalescence, it may be said, from his severe and depauperating disease. He has now returned to Santa Fé, with well-grounded hopes that his suffering wife will be as fortunate as he was himself.

2d. I. A., a young man of 18 to 20 years of age, or nervous temperament, short stature, narrow chest, hepatic idiosyncrasy, venous diathesis, addicted to study, and residing in a cold and damp district. He contracted, at the commencement of the autumn of 1852, a pulmonary phthisis, which in spite of the utmost care and best attendance, he did not succeed in curing; but rather a tuberculous phthisis presented itself, which had made rapid progress by the time he returned to Havana at the beginning of winter. Having been visited and prescribed for by a physician accustomed to treat this disease, his father saw, with poignant grief, that the remedial agents applied gave no good results, while the affection became more severe and more

alarming, in spite of the efforts made to arrest its course. At this melancholy juncture I was consulted, and on examining the patient I discovered a slow and constant fever, night-sweats, a most harassing cough, copious, thick, and sometimes sanguinolent expectoration, heavy sound in some parts of the breast, accompanied with an aching pain, entire loathing of food, great debility, emaciation of the muscular system, and the feet somewhat swelled. A consultation being held by his attending physician, another very distinguished practitioner, and myself; if, indeed, we agreed in characterizing the disease as a tuberculous phthisis, far advanced in its second period, it is also true that we disagreed respecting the curative plan. My two fellow practitioners were of opinion to limit the treatment to preparations of iodine in various forms, and some other drugs, seconded in their operations by an appropriate prophylactic plan. As I mistrusted this treatment, which I have ever observed to fail, I proposed that the patient should at once remove to the Isle of Pines, without losing time in applying useless remedies. In spite of my arguments, the opinion of my co-professors was preferred, and the patient, though skillfully treated by them, grew worse, when after the lapse of six weeks, by their advice he removed to Pinar del Rio. A few days after, he returned to Havana in a still more reduced state, with his feet much swelled and very painful; and under all those unfavorable circumstances he departed for the Isle of Pines, where, by my recommendation, he fixed his residence in Santa Fé; he remained there only two or three months, which period, however, was sufficient to correct the principal symptoms of his disease, and to communicate to nature the impulse necessary for her recovery, in spite of the patient's remissness in following the method prescribed. This young man, whose life was despaired of by the physicians who visited him, and not without reason, is now enjoying good health.

3d. I. L., a man about 35 years of age, of a nervous temperament, gastric idiosyncrasy, narrow chest, middling stature, whose occupation was mercantile business. In the summer of last year, after having suffered varicocele, he was afflicted with a series of attacks of erratic fevers, which being neglected by the patient, became more and more frequent, till at length they assumed a daily and intermitting character, preceded by chills and accompanied by a dry and harassing cough. Without medical advice, the patient removed to the village of El Calabazar, (sit-

uated about four leagues to the south of Havana,) where, after remaining a fortnight he returned home with slow and constant fever, unceasing cough, accompanied with profuse mucous expectoration and a pricking pain towards the left side where the sound was quite heavy, extreme loathing of food, death-like paleness and total loss of strength. His respiration was short, and the smallest degree of exercise was oppressive almost to suffocation. The season being far advanced, it was not possible, or prudent at least, to embark on a voyage over seas to Spain, and as I detected a strongly marked and fast progressing tuberculous phthisis, I advised this patient to proceed without loss of time, to the Isle of Pines, to use the waters of Santa Fé. Docile to my advice, he did so, and the result corresponded to my hopes as well as to the aspirations of himself, his family, and his friends.

4th. E. Y., a young man about twenty-five years of age, of nervous lymphatic temperament, gastro-hepatic idiosyncrasy, employed in a commercial house. In consequence of having committed an indiscretion, he received several small wounds in the face and even in the eyes, losing his sight by an explosion of powder. Being subjected to such medical treatment as his condition required, for four months confined to his room, he was attacked by a slow hectic fever which, in consideration of the accompanying group of symptoms, was characterized as a far advanced tuberculous phthisis, while the patient's debility was so extreme that he could scarcely walk a step. At this juncture, mistrusting the probable result of the curative plan prepared for him, he applied to me, when having examined him, I persuaded him to be conveyed without loss of time to Santa Fé, which was done on the following day, although he was doubtful of the result, which, nevertheless, was so successful, that three months after, I had myself the pleasure to give him permission to return to the bosom of his family, perfectly cured.

5th. N. A., of nervous and lymphatic temperament, serous diathesis, short stature; he was a dealer in tobacco, and in the pursuit of his business was much exposed to the action of the sun, without always having means of shelter from the storms and showers of rain so frequent in our country districts, or from the night air and the inclemency of wintry days. He received several severe hurts from falls from horseback, which he neglected, as well as certain symptoms of humoral affections. The

association of these causes, aided perhaps by other circumstances unappreciated and unforeseen, produced an active hemoptysis, which being neglected at first and injudiciously treated afterwards, soon acquired a serious character. The fever appeared, with a constant pain at the base of the thorax, towards the right side, over the region of the liver. The cough became troublesome, and was almost always accompanied with sanguinolent expectoration. There was a burning heat in the palms of the hands and soles of the feet, cephalalgy, highly flushed face, intense thirst, complete loss of appetite, restlessness, heavy sound in some parts of the chest, and laborious respiration; such was the group of symptoms presented by this patient when I saw him at the commencement of last year, (1854). I proposed for him a prophylactic regimen that appeared proper in my judgment, and informed him that in preference to all medical treatment he should adopt a residence of four to six months in Santa Fé; but in this respect, disregarding my advice, and perceiving the symptoms abate in virtue of the regimen prescribed, and a revulsive agent that was applied, which reproduced the hemoptysis, and re-ammated all the symptoms, some of which had been alleviated, and others removed, I insisted on my prescription, but as his friends were not entirely satisfied, they thought proper to hear other opinions, and accordingly a consultation was held, at which a number of practitioners assisted, who likewise dissented from my opinion, and proposed various methods, of which the patient adopted the one he thought best. Its author flattered himself on the result he anticipated for his curative plan, based upon specific remedies, and as I refused to admit the association that was requested of me, which would have required me to subject my opinion to views I had disapproved and combated, I left the case to the care of my co-practitioners, who, unsuccessful in their first indications, varied their plan, changed their remedial agents; but all was in vain, the disease progressed, and the patient lost strength so visibly and so surprisingly, that his friends at length determined to send him to the Isle of Pines. Neither they, however, nor the physician were acquainted with that place, and thinking it was indifferent in what part of it he fixed his residence, they sent him to Nueva Gerona, where, a few days after his arrival, he was again attacked with new and repeated hemorrhage. This highly alarming state obliged the patient and his family to solicit my opinion for the second time, as they now believed the

case to be irretrievably lost. I prescribed to him the method he was to follow in Santa Fé, where the symptoms which most harassed him disappeared as if by enchantment. Four months after he returned, free from fever, with a good appetite, in good flesh, cheerful, and disposed to embark for Spain, of which country he is a native, and where he now enjoys good health.

6th. In the spring of the same year, Mrs. A. R. de R. arrived in Nueva Gerona afflicted with laryngeal phthisis, which had been vainly treated by homeopathic and allopathic physicians. This patient had hoped to find relief in Marianao, where her strength decreased visibly and her sufferings increased in the same proportion. Probably without consulting a physician, and attracted by the justly acquired fame of the climate of Isla de Pinos, she removed there, fixing her residence at Nueva Gerona, where in the course of a fortnight she found no relief; she was now inclined to return to Havana with but slender hopes of recovering; but before forming her decision, she consulted me, and I found her with the following symptoms: a harassing cough, attended with thick and fetid expectoration; all the posterior chamber of the mouth covered with small ulcers with inflamed edges, as far as could be seen; her voice much broken, which rendered it impossible for her to exercise her profession. The fever was constant, except a remission early in the morning with copious sweats. She was emaciated with anorexy, loss of muscular strength, and depression of spirits, which conjunction of symptoms announced a far advanced phthisis. In this sad condition, and after having employed fruitlessly the most highly-recommended remedial agents, I recommended her to proceed without loss of time to take the baths and drink the waters of Santa Fé. I prohibited all medicines, and prepared for her a prophylactic plan that I judged proper, which she followed. After eight days, her improvement was so remarkable, that, full of confidence, she continued the treatment, though for only three months; which time was sufficient to cause the fever to disappear; her strength was recruited, and her voice recovered the delicate modulation which had been lost. This lady now lives and exercises her profession.

7th. Miss M. M., about twenty years of age, lymphatic and nervous temperament, born and bred in a low and damp district; although she had enjoyed moderate health, began to suffer from laryngitis, which was submitted to the care of a celebrated prac-

titioner, justly recommended by his well-deserved reputation, who exerted himself to combat this disease by every means that his fertile talent suggested, but, mistrusting these, he advised her to remove to Marianao, where her disease became visibly worse, and, fearing a fatal termination, he advised her to again remove to the Isle of Pines. The patient took up her residence at Nueva Gerona where the climate did not benefit her according to her hopes; and, by the advice of some friends, she came expressly to consult me, afflicted with the following symptoms: cónstant fever, extreme emaciation and paleness; harassing cough; rubicundity in the posterior part of the mouth, which was thickly set with small ulcers; the voice disfigured; depression of spirits; and the menstrual discharge suppressed. Convinced of the paucity of the resources which the art affords to combat this terrible affection, I advised her to go and use the baths and drink the waters of Santa Fé, confiding in the observations I had already made respecting the effects of those waters. The patient accepted the prophylactic treatment I prescribed, and proceeded there without loss of time, where the result crowned my advice according to the prognostic I had expressed; and three or four months after, this young lady returned to the bosom of her family, and is now enjoying the most exuberant health.

8th. Mrs. M. A., about twenty-five or thirty years of age, of nervous and lymphatic temperament, hepatic idiosynerasy, venous diathesis, born and bred in a low damp district, after having resided in Europe, under the influence of a cold and damp temperature, contracted a laryngitis which was combated in vain with the remedial agents offered by therapeutics. Several practitioners had attended her, but the last who directed her, well versed in the treatment of this disease, soon perceived that his art possessed no specific to cure her, and without hopes of saving her, and honoring me with his good opinion, he proposed himself to the patient to consult me whether she might still be in a condition to be benefited by the climate and waters of the Isle of Pines, which he was acquainted with only by name. The disease was now characterized as a laryngeal phthisis, complicated with venereal humor, and the cachexy generally originated by the powerful remedial agents employed on similar occasions. I considered that her total recovery was still possible; and this patient obtained a cure in the course of three or four months, during which she resided in Santa Fé.

9th. C. V., a young man of twenty years of age, of lymphatic and nervous temperament, gastro-hepatic idiosyncrasy, venous diathesis, short stature, occupied in sedentary pursuits, was attacked with bilious diarrhea, which, being neglected at first, assumed a serious aspect; the patient being placed under the treatment indicated by an enlightened and practical physician, saw with grief that the former had failed, and although the curative plan was varied, and new remedial agents administered, he was no more fortunate than before. The disease continued, and the patient fell into a state of complete emaciation accompanied with slow and constant fever; the unceasing diarrhea gave reason to fear a fatal result, particularly as all the applications most celebrated by experience and recommended by the art, had fruitlessly been used. At this sad juncture, I was consulted by the patient, whom I persuaded to remove to Santa Fé in the autumn of 1854. So reduced and debilitated was this young man, that he was unable to proceed on foot to the inn at Nueva Gerona, where it was necessary to convey him from the steamer, though at only a distance of two squares, in an arm-chair; on the day after his arrival, he proceeded to Santa Fé, where he remained thirty-two days, at the end of which time he returned home in perfectly good health, having gained about twenty-five pounds of flesh during his stay. Since then he has continued his occupations in the enjoyment of perfect health.

10th. M. I., about thirty-five years of age, of nervous and lymphatic temperament, middling stature, slender muscular system, occupied in writing, was attacked with dysentery, which, although treated by a physician highly distinguished in his practice, resisted all his prescriptions; the patient, disheartened by his long suffering and pitiable condition, applied to me, when he presented symptoms that indicated a wasting away, difficult to combat by the ordinary resources of therapeutics. Trusting, however, in my experience of the waters of Santa Fé, I advised this invalid to proceed to use them without loss of time. He followed my counsel, and removed to that place, where in two months he recovered, and returned home to his customary pursuits. He now enjoys very good health, and always remembers gratefully the Isle of Pines and its waters.

11th. C. B., a gentleman about forty years of age, of nervous temperament, fibrinous diathesis, short stature, and occupied in sedentary pursuits, was attacked by a dysentery that became first

chronic, and afterwards rebellious to all the treatment employed against it. The patient was greatly extenuated with extreme prostration, harassed with the obstinate evacuation, a troublesome pneumatorrhea, ardent thirst, scarlet tongue, total anorexy, want of sleep, depression of spirits, and was in a condition almost loathsome when he went to Santa Fé, where, by following the regimen I prescribed, he succeeded in recovering rapidly and completely.

12th. A. U., of nervous, sanguineous temperament; gastro-hepatic idiosyncrasy, tall stature, well formed, about forty years of age, and by trade a carpenter; was attacked with gastralgy, which terminated by presenting symptoms of a scirrhus in the stomach. This invalid was attended by several physicians in Havana, from whom he obtained no relief; he then proceeded to Europe, where he was subjected to various medications, but without benefit. He returned to Havana, from whence, without medical advice, he proceeded to Santa Fé in the spring of 1852, in which place I saw him by chance, with the following symptoms: a shooting pain in the epigastric region, inability to retain on his stomach any thing he ate, paleness and emaciation, intense thirst, loss of sleep at night; and withal tormented with the most cruel pain. He had been recommended to the Isle by some friends of his, who were not professional men; and abandoned to his own habits, he ate and drank indiscriminately, though he vomited all he swallowed. He was taking daily two baths in the spring of Santa Fé; and one morning, on leaving the water, he felt an extreme faintness overpower him, which terminated with a vomit of coal-black substance, to which succeeded a deep swoon. A few minutes after, he came to his senses, and passed a stool as black as the matter he had thrown up from his stomach. At this juncture I was called to see him, and found him with a death-like paleness, coldness of the skin, his pulse concentrated; but at the same time he felt relief from the pain which always before harassed him. I prescribed for him rubefacients to the surface of the skin, dry frictions, and a resolving liniment to the stomach; I recommended, besides, absolute abstinence from food, and advised him to promote the vomit, when it occurred, with draughts of lukewarm water. The vomit and stool, with the same appearance as at first, were repeated four or five times in forty-eight hours; but at each occasion the pain diminished and the pulse gained strength. He abstained totally from food dur-

ing this period, and on the third day was allowed to take some light broth, which did not satisfy the cravings of his stomach. On the fourth day he began to take a small portion of solid food, which his stomach did not reject; and from that moment the habitual vomiting disappeared, and the patient recovered his strength completely.

13th. I. S.; about thirty years of age, of sanguineous temperament, fibrinous diathesis, wide chest, well-developed muscular system, a country laborer, contracted an eruption which, in a few days, had extended over a considerable part of his face, when he came to consult me. I prescribed for him the treatment that I thought proper to arrest the progress of the disease, and in order to eradicate it completely, I advised him to use the baths at Santa Fé, where the results crowned my hopes and the patient's desires; besides which, a muscular debility in the left foot, that led to frequent sprains, after the use of forty baths disappeared completely.

14th. P. L., of nervous and lymphatic temperament, serous diathesis, short stature, slender muscular system, and exercising a literary profession; was attacked with an eruption, or herpes, of venereal aspect, as well as the preceding case; and such was its virulence, that it soon covered all the patient's face, depilating the eyebrows and eyelashes, and extending the same effects to the scalp, while it affected the internal parts of the ear to such an extent as to deprive him of hearing. This patient used the baths of Santa Fé, and succeeded in conquering the formidable enemy, which was both afflictive and repugnant.

15th. A. F., of nervous temperament, hepatic idiosyncrasy, tall stature, narrow chest, and employed in mercantile business. He was attacked with elephantiasis, after having suffered certain humoral affections, which he erroncously hoped to combat with Le Roy's emetic and carthatic medicine, and the waters of the baths of San Diego. He returned from that place with his skin covered with tumors, more pronounced on the ears, face, and nose, the channels of which semed to be affected; the skin was ulcerated in some places, besides being very sensitive in its entire surface, with excessive heat, and in the joints he suffered severe pains. He was completely deprived of sleep, was afflicted with insatiable thirst, his skin was dry and burning, and, what was more lamentable still, was the excessive terror of the patient, who believed his disease to be incurable. However, induced by the

pleasing but remote hope of recovering, he removd to the Isle of Pines, where he solicited my advice and prescriptions, which I afforded to him, as follows: the use of the baths at Santa Fé; diet of white meats, particularly that of the Majá, (mah-hah snake;) for his drink, the waters of the same spring, and abstinence from all stimuli, interiorly or exteriorly. I had very soon the pleasure to see the remarkable change this regimen produced. The patient rested well, his appetite had returned, and he had gained a degree of tranquility for his mind, before so excessively tormented with the idea of the terrible disease which had deprived him of hope; perspiration was restored, the tumors on the skin were resolved, the ulcers cicatrized, and all predicted a happy result; when, for his misfortune, he was led away by some madness to gallant some young ladies, and this unpardonable conduct brought on an unfavorable change, that produced anew nearly all the symptoms which had been removed. As he was under the necessity of remaining alone in that then desert place, he lost his patience and returned to his residence, where the disease had originated, and surrounding circumstances tended to its development. After a short time, he proceeded to the United States, where he again became worse rapidly; and although on his return here, he again experienced much alleviation at Santa Fé, he left that place, for private motives, and embarked for Europe. I regretted sincerely the indiscreet conduct of this patient, as well on his own account, being interested in his recovery, as on account of the loss of an important opportunity of observation of the extent of the virtues of the waters of Santa Fé in similar cases of human afflictions.

16th. Miss E. E., of lymphatic temperament, hepatic idiosyncrasy, middling stature, wide chest, and of well-developed muscular system, in the critical period of her age began to feel symptoms revealing a uterine affection, which, alarming her more and more as it progressed, caused her to consult a practitioner of good reputation, who detected a number of ulcers in the neck of the womb. Being in the habit of treating similar affections, he submitted her at first to an antiphlogistic plan, and afterwards used revulsive agents, applied both interiorly and exteriorly. Finding no advantage in either course, he employed anti-venereal substances, vegetable and mineral. After the lapse of a year, under strict medical direction, and without improvement, the patient consulted me, and adopted the plan I prescribed; which,

if indeed it produced visible benefit, nevertheless did not destroy the primitive focus of the disease, for the ulcers, always resisting the action of the resolving and caustic agents, did not cicatrize, until the patient had taken about sixty baths in Santa Fé. This disease, the germ of which was a vitiated state of the humors, had been treated with all the most heroic applications, among which were the celebrated waters of San Diego, recommended by myself; but all had failed, against the obstinate resistance of the entrenched disease, as it were, within the recesses of so delicate an organ. Despairing of success, if I continued treating the patient according to the rules of the art, and with hopes in the medicinal properties of the waters of Santa Fé, I availed for her departure of an early opportunity after the creation of easy means of travel, dwellings, and, above all, a sufficient population to render a place, formerly uninhabited, a suitable residence for a lady. The result was complete, and this lady, in order to assure her thorough recovery, revisited the baths the following year, 1854. Since then she has enjoyed excellent health.

17th. C. D., spinster, about thirty years of age, nervous and lymphatic temperament, gastro-hepatic idiosyncrasy, venous diathesis, whose occupations, though busy, were of a sedentary nature, commenced to suffer shooting pains towards the uterine regions, and having solicited the advice of a physician, was subjected to a curative plan, the principal agents of which were anodynes, emollients, and resolvents; but these being found inefficacious, direct and indirect antiphlogistics were employed; the patient, however, in a state of extenuation, more and more harassed by the primitive disease, and afflicted by new symptoms that made their appearance, without confidence in the result of the plan she followed, applied to me for advice. At this juncture an incipient ascites was apparent, besides two or three ulcers situated in the neck of the womb, which was turgent and hard, and at the same time the seat of intense pain, while the ulcerated surface discharged a humor of virulent aspect. She was treated with some alterative and anti-venereal agents, the action of which was assisted by permanent revulsives and a quiet prophylatic regimen, adapted to a curative plan. After the application of cautery injections, there was some diminution in the intensity of the local and general symptoms; and as the season was favorable, I recommended her to use the baths of Santa Fé, to which

place she proceeded, and where the first baths afforded her visible relief and remarkable improvement. Two months after I saw her again, and found the ulcers completely cicatrized, the volume of the neck of the womb much reduced; she was free from pain, as well as from all symptoms that had indicated a cachexy, which inspired serious fears to the patient and her relatives. Private reasons obliged her to leave the baths before her disease was completely eradicated; but she is now still in a state to admit of being cured, and is disposed to return to the spot which has been so beneficial to her welfare.

18th. I. D., a lady of about twenty-five years of age, of nervous temperament, serous diathesis, short stature, and a slender muscular system, was invaded by an epileptic attack, which continued to afflict her, acquiring increased intensity, until it produced total deafness, thus depriving the patient of the delights that social intercourse affords, and condemning her to that species of imbecility to which all those persons are subject who, in the early period of social life, enjoy but limited communication of ideas, from the loss of one of the senses which most influences the development of our intellectual faculties. This young lady removed to Santa Fé, where she used a few baths, which were sufficient to remove the periodicity of an eclampsy, that had become highly alarming, as well for its intensity as its frequency. The general state of this patient is much improved, and all appearances inspire grounded hopes of a complete cure.

19th. Mrs. Z. O., an octogenarian lady of sanguineous nervous temperament, fibrinous diathesis, gastro-hepatic idiosyncrasy, tall stature and well-developed muscular system, although of a sound constitution, was attacked with a symptomatic dropsy and a chronic affection of the liver. Alternative agents were employed which corrected all the symptoms of anasarca that had made their appearance. The patient did not, however, regain her strength; a complete anorexy and all appearances announced a cachectic state, which at so advanced an age is always difficult, not to say impossible to remove completely. This lady went to take the air and the baths at Santa Fe, and after residing there a few days, her appearance and her general strength indicated as good health as can be enjoyed at the age of eighty years, and the increase of energy was almost incredible in a person of her age, whose previous ailing state had caused the anticipations of all

her friends to prepare for a fatal result. Three years have passed since then, and she is now in good halth.

20th. Mrs. R. O., a lady of over seventy years of age, of nervous temperament, gastric idiosyncrasy, serous diathesis, middling stature, slender muscular frame, and flat chested, who by observing a hygienic regimen had enjoyed good health during all her life, after some moral afflictions was attacked with a phlegmonous erysipelas on the left leg; after injudicious treatment, a very intense pain declared itself, and the erysipelas spot assumed a scarlet color which threatened to terminate in serious gangrene. At this juncture she consulted me, and I caused her to be conveyed to the baths of Santa Fé, which she used at first with some reluctance, but soon experiencing an unexpected alleviation, in the course of six days she commenced walking, when previously she had been under the necessity of availing of a conveyance to the baths, and at the end of the month she was free of her sufferings, and to this day enjoys good health.

21st. N. A., of lymphatic temperament, hepatic idiosyncrasy, about forty years of age, after having resided for some years in a low, damp and wooded district at the foot of Cuzeo Hills, contracted a pulmonary catarrh and humid asthma that harassed him extremely, with repeated attacks that at length became stationary, with a degree of intensity that prevented the patient from resting in a recumbent posture. After passing many months in this sad condition, and having exhausted all the curative means that doctors and other individuals could furnish him, he consulted me. I advised him to proceed to use the baths of Sant Fé,, and in the mean time to employ some anodyne agent in order to mitigate the intensity of his sufferings. Not approving the advice I gave him, the patient preferred going to San Diego in the spring of 1852, convinced nevertheless of the inutility of all the agents generally employed to combat his disease, which, with its accompanying group of symptoms, gave room for grounded fears. This measure, however, adopted by the patient, afforded him no relief, but recollecting my opinion and my advice, he proceeded in the summer of the same year to Santa Fé, where he found no other shelter than a miserable thatched hovel with a ground floor; notwithstanding this uncomfortable lodging, the influence of the climate was so benign and manifest, that the first night he passed there he was enabled to lie down and remain nearly two hours in a horizontal posture, which, for more than a year previous he had

not been able to assume for a single instant, and as each consecutive day afforded proportional relief, before the lapse of a fortnight he enjoyed the delights of resting well all night in his bed without suffering of any description. Being now cured of the catarrh, and free from asthma, he made flesh extraordinarily and returned to his plantation, where, a few months after, he experienced some premonitory symptoms of asthma, to remove which he thought prudent to spend another season at Santa Fé, in which it may be said his painful disorder was eradicated and his health completely restored.

22d. D. F.,of nervous and lymphatic temperament, venous diathesis, middling stature, addicted to all sorts of dissipation, and residing in damp localities, repeatedly contracted venereal affections, which, injudiciously treated, produced a cachexy that threatened a fatal termination. The patient was tormented with osteocopic pains, squalid, without strength, and suffering a slow fever, which piteous state induced some kind persons of his acquaintance to convey him to the Isle of Pines to take the baths of Santa Fé. For the first days he had to be carried to the water, but in the course of a fortnight he was able to go there on foot, with the aid of crutches, which he threw aside in about a week more, as they were then unnecessary. So rapid a recovery inspired with great confidence another invalid, who in a no less dangerous state was brought from the landing at Batabano to the same bath; he also succeeded in strangling, as it may be termed, the formidable enemy which threatened to destroy his life.

23d. S. F., of nervous and lymphatic temperament, serous diathesis, small stature, but well built, employed in laborious occupations, and of correct habits of life, was attacked with repeated catarrhs and coryzas which she neglected in order to fulfill her habitual occupations. The result was rebellious ophthalmia that resisted the treatment employed by a skilful oculist, and small ulcers appeared on the conjunctive membrane, considerable contraction in the iris, frequent pain in the head, and throbbing pains in the ball of the eye. All the remedial agents which art prescribes in similar cases having been exhausted, I was consulted, and in consideration of the symptoms and the inefficacy of the previous treatment, I recommended the patient to remove to Santa Fé and use those baths as a powerful resource against the general cachexy she suffered, produced by the therapeutic

agents used, as well as by the disease itself essentially; and although she was enabled to make use of the baths only a few times during the small number of days her occupations allowed her to remain there, her improvement was so manifest that nothing but the emergency of unforeseen or uncontrollable circumstances would have forced her to leave that spot where she met with the only alleviation her distressing malady had received. Two years have now passed, and she still remains in similar good condition as when she left the baths of Santa Fé.

24th. I. P., of nervous and sanguineous temperament, well built, and engaged in a literary profession, after repeated attacks of nervous contractions similar to those produced by an electric shock, to calm which he had made excessive use of anti-nervines, and principally of ether, although not advanced in age, yet naturally myope, began to feel weakness and shortness of sight to a degree that prevented him from reading common print even with the aid of an eye-glass. This individual, whose regimen was hygienic, and whose habits were regular, attributed his sufferings to no other cause than his habitual nervous disorder, aggravated, perhaps, by the use, or rather abuse of ether; and conformably to this judgment, I advised him to adopt the baths and climate of Santa Fé, where he resided only a month, by which time his sight recovered considerably, and the painful muscular contractions which so frequently tormented him, disappeared.

25th. G. B., a lady of nervous and sanguineous temperament, hepatic idiosyncrasy, tall stature, slender muscular construction, aged thirty years, very assiduous in the occupations of her sex, and of most orderly habits, received a compression of the mammary glands on the right side, which from a mistaken idea of modesty, she left to the course of Nature, and the plan continuing, an induration took place, acquiring almost the hardness of ivory on the outer edge of the base of the gland, which was naturally well developed. The character which the affection had now assumed, caused her family to reveal it, and on consulting me, I judged prudent, after some local emissions of blood and an appropriate diet, to employ preparations of iodine inwardly and outwardly; however, at the end of two months under this treatment, accompanied with the use of some purges, I observed that the affection diminished but little, which led me to recommend the baths of Santa Fé, where she obtained the complete resolution of a tumor which seemed to have acquired a scirrhus nature. Two

years have since elapsed, and this lady having been married, has given birth to an infant that she suckles herself without suffering any inconvenience.

26th. F. R., a lady of nervous and lymphatic temperament, fibrinous diathesis, muscular idiosyncrasy, middling stature, and well formed, of methodical and correct habits, on arriving at the puberal age, suffered an obstinate pain in the lumbar regions, which at length disappeared under the application of a blister. Enjoying apparent good health, and well developed, she was married; a few days afterward she was seized with a pain near the inner ankle of the left foot, where an enormous abscess appeared that was treated by application of the lancet under a prophylactic regimen prescribed by a skillful practitioner. But while the suppuration of the opened abscess still continued, an intense pain in the lumbar region, on the left side, presented itslf; which resisted every mode of treatment employed by the physician who then attended her. I was consulted at this juncture, and I detected an abscess concealed behind the muscular tissues, which I opened in the presence of the attending physician, and we were both surprised to see the enormous quantity of pus it emitted; when we expected the source, from which had flowed so abundant suppuration, to be exhausted, I was under the necessity of combating another new abscess which appeared at a small distance from the former one, and was no less abundant in suppuration. I employed some depuratory medicines, aided by a prophylactic plan adapted to circumstances. The patient recovered, and two months afterwards detected symptoms of gestation which progressed without any unfavorable accident until the time of delivery, which was effected without remarkable inconvenience; but after another period of two months, she complained of pains in the mammary glands towards the nipple, where, shortly after, fissures appeared that obliged her to diminish, and finally to withhold lactation from the infant. Remedial agents were vainly applied in order to diminish the turgescence of the breasts, and prevent the consequences such a state of disorder might occasion. An abscess appeared in the centre of the mass of the mammary gland on the left side; which came to suppuration in spite of every means employed to prevent it, so as to render necessary the use of the lancet; and at the time when cicatrization was to have been expected, and indeed after it had commenced to take place, I observed that all the base of the breast

affected was indurated with an irradiation of a number of finger-like processes of a purple color, while the nipple seemed to sink into the vertex of the glandular body, the volume of which was correspondingly increased. These appearances, together with certain scorbutic symptoms, indicated a general cachexy; while the patient's condition and hereditary constitution gave room for well-grounded apprehensions for the result; I therefore advised her to remove to Santa Fé, hoping to correct, by the use of those waters, the vitiated state of her humors in general; she followed my advice, and although the unpropitious season did not allow her to use the number of baths necessary, nor to reside within the influence of that climate for a time sufficient to effect the metamorphosis I desired, the patient nevertheless enjoys at present very good health without any other vestige of her past sufferings than the linear scar of the bistoury.

27th. R. A., a man of about thirty-five years of age, of nervous and sanguineous temperament, tall stature, well developed muscular frame, was attacked with cystitis which at the commencement was treated by a homeopathic regimen, including a multitude of the most highly recommended remedial agents of this school, administered in conformity with all prescriptive rules, without producing however the smallest relief. I was consulted, and after having subjected the patient to a perturbative method that succeeded completely, I recommended him to proceed to Santa Fé. This he was unable to effect until two or three months afterwards, during which time the disease had reäppeared, and in that state, he used the baths, and was totally cured.

28th. N. N., a man of about fifty years of age, of nervous and sanguineous temperament, of gastro-hepatic idiosyncrasy, fibrinous diathesis, and who had suffered from humoral affections, although possessing a powerful constitution, was afflicted with an erysipelous affection which made its appearance several times, but at length was cured by means of the heroic remedies adopted by his medical adviser, who, nevertheless, was unable to remove the traces imprinted by the disease on the limb that had been the theatre of its inroads. Resolutives and emollients were vainly employed in order to correct the remitting and painful turgency of the leg; alteratives and evacuative agents were profusely administered, but the affection, resisting every remedial application, continud to progress with threatening indications of

assuming the loathsome and terrific form of the Arabian elephantiasis. At this lamentable juncture, he consulted me, and by my recommendation proceeded to Santa Fé, in the following spring of year 1853, where, although he remained less than a complete month, the thickness of the diseased leg was reduced nearly an inch. This patient left the baths much against his inclination, and to my regret, impelled by imperious circumstances which still continue to prevent him from returning; and although a considerable time has now elapsed, the disease remains stationary, notwithstanding the patient's mode of life is rather of a nature to foment it than otherwise.

This painful and lamentable disease seldom yields to the operation of the remedial agents known at the present day, for which reason I have judged it may be interesting to record the present case, which, however, fortuitous occurrences prevented from being quite decisive, I can now state that it is not the only one of the same nature that has since come within my observation, and I cordially believe the baths of Santa Fé may be recommended as a heroic remedy against this affliction.

I trust the faithful narration of the preceding cases which however are not the most remarkable that have occurred, will be sufficient to satisfy medical men and even unprofessional persons, rather by means of facts than theory, of the therapeutic virtues possessed by the agreeable climate of the Isle of Pines, and particularly the waters of Santa Fé.

The salubrity of the climate of Cuba in general decidedly can not support comparison with that of the Isle of Pines. I have had frequent opportunities of witnessing the cure, in the latter place, of many diseases engendered, developed, and unsuccessfully treated in various parts of the former. Many of the patients referred to had also used, but without advantage, the waters of San Diego, of Madruga, and of Guanabacoa. In short, I might present many patients, some of whom contracted their diseases in the various localities of the leeward and windward districts, some in Havana and its vicinity, in Matanzas, Cárdenas, etc., all of whom adopted the Isle of Pines as a last resource, and with the beneficial influence of the climate obtained relief, which they had not succeeded in doing with remedial agents or the changes of residence they had fruitlessly tried.

The geological or geogonic structure of the Island of Cuba, even in the Vuelta de Abajo, or leeward districts, and that of

the Isle of Pines, does not seem to be the same: the latter rests on a rocky base, the nucleus of which in the western sections consists of granite, granitic marble, and even pure marble. The valleys are covered, or formed in a bed of carboniferous earth, on the surface of which sparkles a light stratum of ferruginous and silicious sand.

It is plainly shown that neither the land, the mineral substances, the plants, the insects, nor the waters, of the two islands on due investigation present the similarity that the uninformed public imagines to exist, because some important general appearances seem to correspond. The dissimilarity of the two places as regards their influence on the human body is farther confirmed, and really this only explains the fact, that certain diseases developed or fomented in the medical climate of the Vuelta de Abajo are mitigated and even cured by the influence of that of the Isle of Pines. The testimony of several observations recorded in these pages exists to confirm this fact, and even much more might be presented to the effect as already stated.

I have had frequent opportunities of observing and recording cases of the effects produced by the celebrated waters of San Diego, Santa Maria del Rosario, San Miguel and Siberia in the jurisdiction of Cardenas, San Pedro near Matanzas, Madruga, Guanabacoa, El Cacagual, Marianao and El Copey, all of which have cured numbers of patients. These waters, various in their qualities and temperatures, are not less so in their effects; and when well indicated produce wonderful results. However, neither these nor their respective localities offer a medical temperament uniting the favorable circumstances enjoyed in the Isle of Pines, which cure paralysis, syphilitic affections, diseases of the stomach, of the venous organs, of the bladder, of the skin, and of the eyes, as efficaciously, or more so, than those of San Diego; they correct chronic dysenteries more effectually than those of Marianao and El Copey; they cure gastralgy as efficaciously as those of Siberia and San Miguel, and finally, every species of disease that I have had opportunity to see relieved or corrected by the use of any of the above-mentioned waters, I have also seen cured in the Isle of Pines, which, besides the advantage of a variety of mineral waters, enjoys that of a purer and drier atmosphere, a more unvarying temperature—circumstances that promote most favorably the physiological reäction indispensably necessary to correct a diseased condition.

Should I be suspected of exaggeration in the preceding extensive assertion, I refer to the testimony of facts, which will answer objections more satisfactorily than my arguments. Of the former, many interesting cases will be found on perusal of The Treatise, published in 1850 by Dr. Ramon Piña y Piñuela, on this subject. I could also furnish several cases that have occurred since the publication of these pages, which would be as enlightening for medical practice as curious and interesting to science. In June, 1855, four hundred men, lately arrived from Spain, and destined for the army in Cuba, were sent to the Isle of Pines. At that period, the black vomit was prevalent in Havana, and such soldiers as had the fortune to escape destruction by this disease, were attacked by Asiatic cholera, which had likewise extensively invaded the military hospital. In this emergency, the Government, observing that the unfortunate recruits, even if they were saved from the vomit, rarely escaped the cholera, between Scylla and Charybdis as it were, determined to send the recently-arrived individuals to the Isle of Pines, as the last asylum for these unfortunates who found themselves threatened by two formidable enemies, against which medical skill was not always successful. This measure, adopted under the pressure of circumstances, was effected without the necessary time for preparing commodious lodging for the troops sent, the number of whom was much greater than could be accommodated in the barracks. There not being either a sufficient number of beds provided for the new comers, the first who arrived on the Isle were under the necessity of passing the first days in the utmost discomfort, and obliged to sleep on the ground. Most unfortunately, two individuals were attacked by cholera immediately on their arrival, and died shortly after being taken to the hospital, but neither in this building nor in the barracks, where their fellow-travellers resided, did any subsequent case of cholera appear; and in spite of the narrowness of accommodations for all, and the fact of many being quartered in lodgings hastily and recently built, and consequently damp and ill-furnished, not an individual among upwards of four hundred men was attacked by the vomit or the cholera; and the fate of three or four who perished may be attributed to the imprudence or ignorance of youths destitute of precaution.

It has already been observed with the young custom-house guards and political prisoners newly arrived from Spain and sent

to the Isle, destined to undergo hardships and loss of liberty, with numberless bodily privations as well as moral sufferings, exposure to the weather with a complete change of habits, that among upwards of two hundred individuals, not a single case of the vomit occurred. In consequence of these facts, the expediency of establishing convalescing hospitals was suggested to the government, which has since been effected, as well as the creation of a school of military discipline for the young recruits.

The recapitulation of the preceding statement specifying the regiments and number of individuals sent by each to the Isle of Pines is as follows:

Regiments	Patients	Cured.	Died.
Español	1	0	1
Ysabel II.	18	6	2
Corona	8	5	3
Lanceros	8	8	0
Artillery	7	4	3
Cuba	10	9	1
Union	31	28	3
Merito	1	0	1
Cantabria	28	32	6
Farragona	16	10	6
Milicios	1	1	0
Deposito	1	1	0
Habano	1	1	0
Napoles	4	2	2
Leon	28	21	7
Total	173	138	35

These 173 patients were removed from the hospital rather with an intention to console them than with the pious hope of saving 138, with a loss of only 35, when the latter as well as those cured were considered incurable; and their miserable condition may be comprehended from the fact that one of them died on the way, and two more a few hours after arriving.

As the Isle of Pines has never been thoroughly and studiously surveyed, it is still, as it were, an unknown region, and as I am desirous to see its advantages duly appreciated and improved, I should be happy if the "Directors of Public Works," whose province it is to assist with science and means the rural and manu-

facturing industry of the country, would afford its aid to such enterprising individuals as, although disposed to speculations, dare not to risk their capital by investment in a place of which comparatively nothing is known. The greatest service that could be afforded to the Isle, would be a commission from that illustrious corporation, directed to Señor Don Luis de Casa Seca, and to the distinguished engineer, scientific individuals, and members of the same, for the former to execute the analysis of the waters and the lands, and the latter to occupy himself in the scientific survey necessary to decide the practicability, the trifling labor, and the short time that would be required for the opening of a small canal at Boca Ciega, and at the entrance of the river at Nueva Gerona.

Upon the labors of the chemist depends the scientific application of the waters of the Isle to the treatment of diseases; as well as that of the lands to agricultural purposes, which occupation may be considered unknown there, and even the possibility of establishing it is generally denied. For my part, though far from entertaining the ridiculous pretension to consider my own opinion of account in the matter, I can bring facts to prove, that even in the lands of common quality, I have grown tuberculate vegetables, plantains, rice, Indian corn, sugar-cane, coffee, tobacco, pine-apples, melons, and even garden-stuff, nothing inferior to the productions of the most celebrated lands of Cuba. The chocolate-nut, and all other fruit-trees I have planted, have grown vigorously and thriftily.

I venture to predict that the beauteous and salubrious Isle of Pines will very shortly acquire the renown she merits, heretofore withheld on account of her position, retired among marine keys, unknown, it may be said, to individuals capable of appreciating her advantages. The Isle of Pines, rich in medicinal waters, fertile lands, canopied with a beautiful sky, resting on a firm and dry soil, with a magnificent port that would encourage commerce with all the Mexican coast—the Isle of Pines, I repeat, may very soon emerge from the state of neglect and contempt to which she has been here-to-fore condemned.

THE END.

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